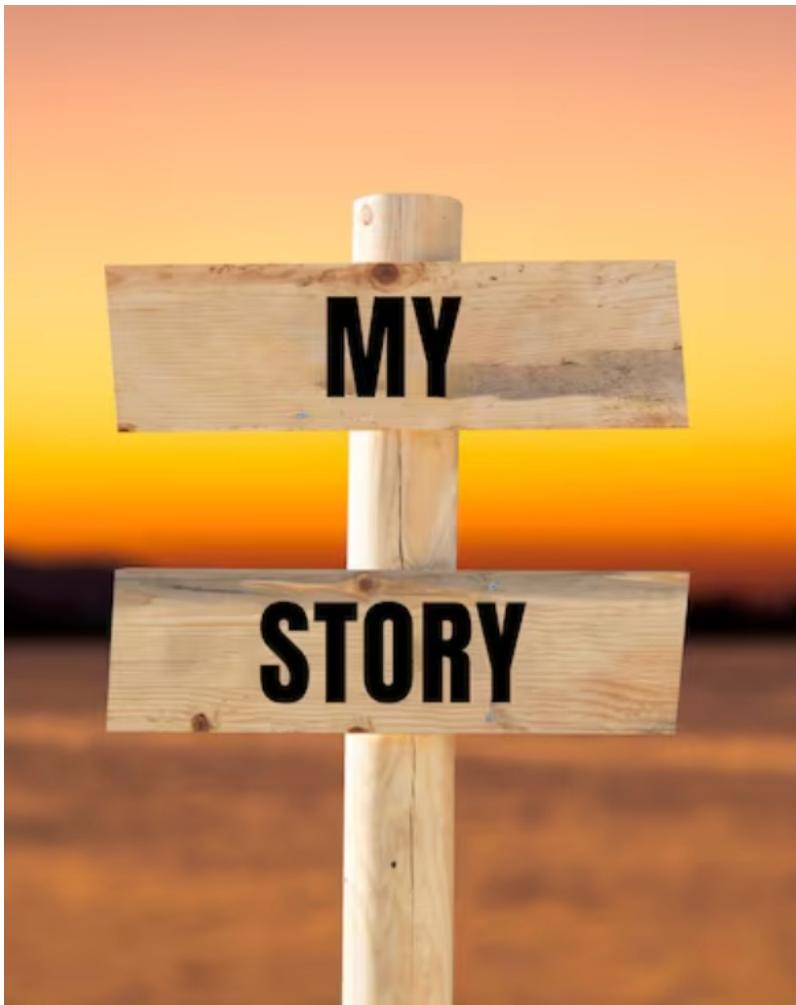


Simplify the Journey

Financial Benefits, Supports, and Services for Young Adults with Disabilities

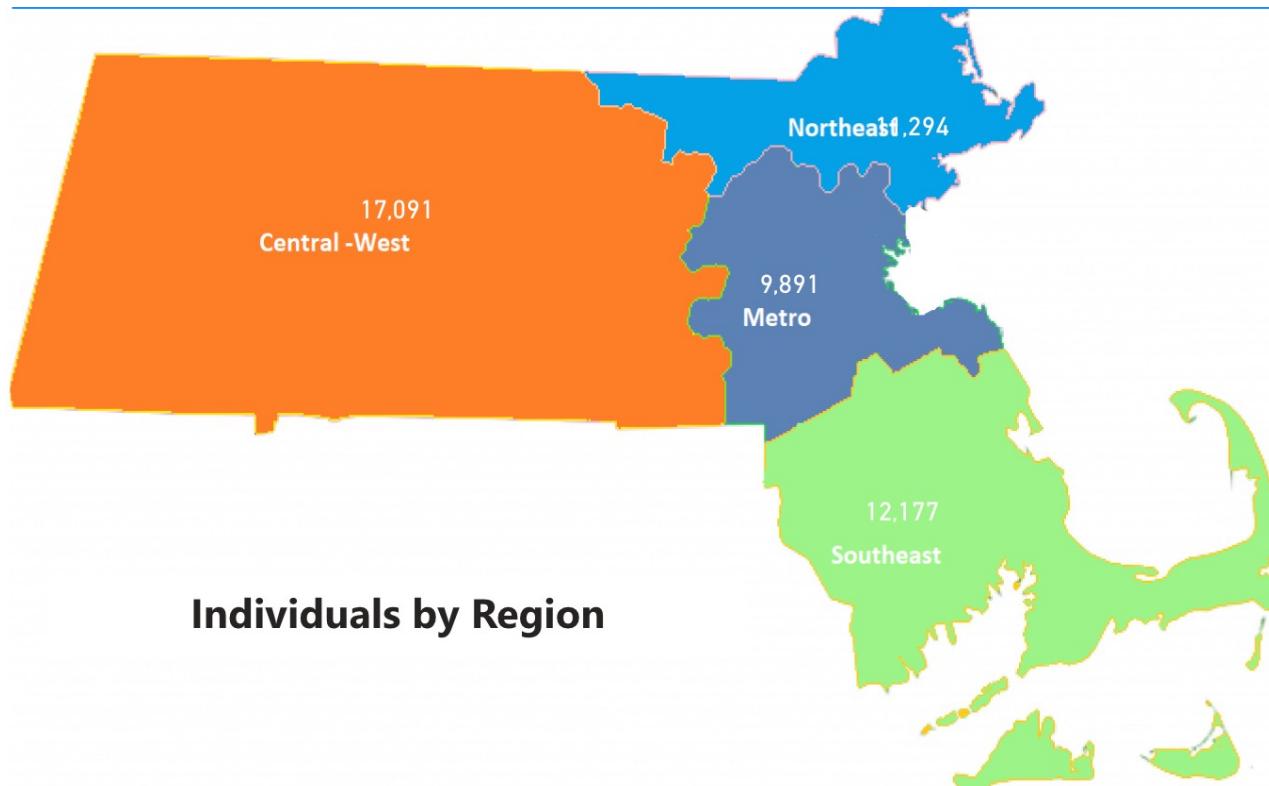
Lydia Sheehey
January 16, 2026



Lydia Sheehey

- Andover resident since 2017
- Relocated from New Jersey
- 29+ years in the financial services industry
- Mother of four adult children
- Two children have autism
- Networked with parents and professionals
- Researched financial benefits, supports, and services
- Simplify the Journey started organically

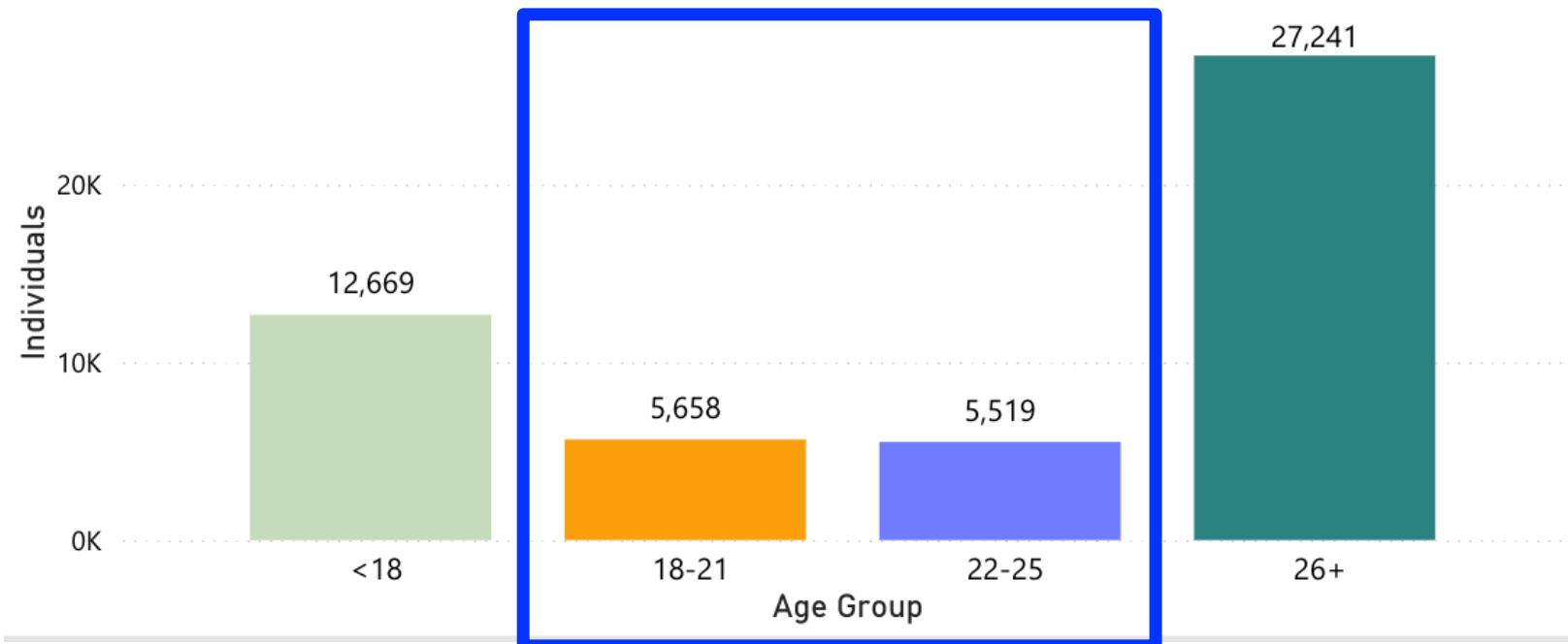
MA Department of Developmental Services Serves 50,087 People



Region	Individuals Served
Central-West	17,091
Southeast	12,177
Northeast	10,928
<u>Metro</u>	<u>9,891</u>
Total	50,087

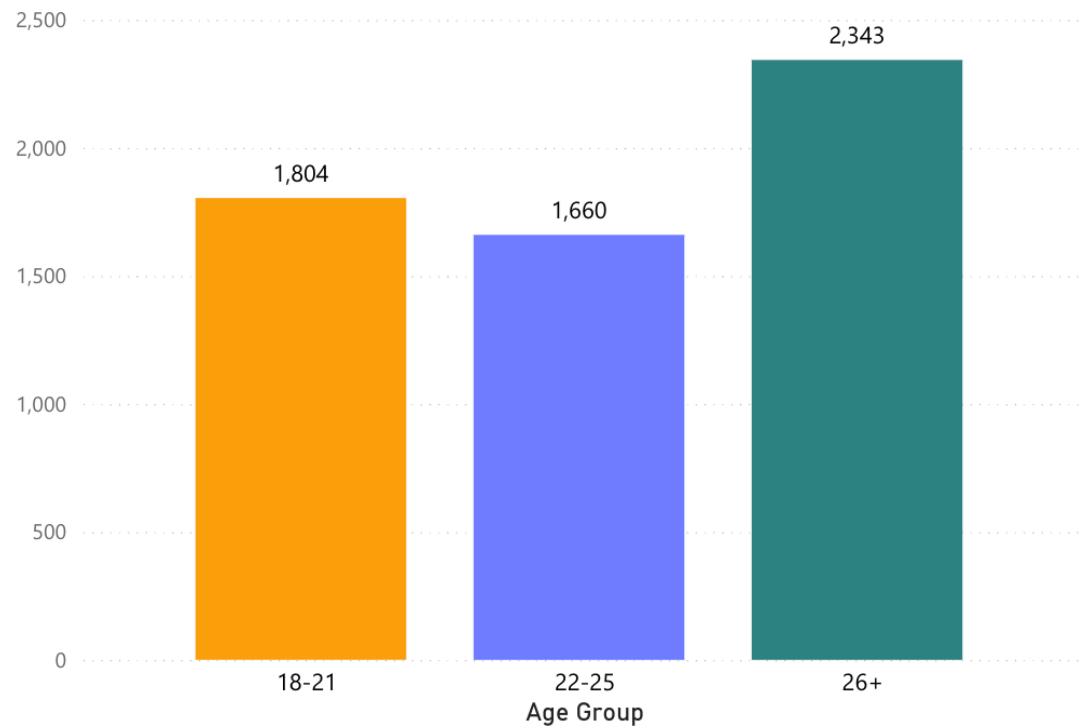
MA Department of Developmental Services Serves 50,087 People

Individuals By Age Group



2014 Real Lives Law Mandated DDS to Provide Services to the Autism Community

Autism Individuals By Age Group



Autism Population

5,807 individuals served by DDS

~ 12% of total DDS population

Simplify the Journey Services

**Receive Guidance, Coaching, and Resources
from an Experience Parent Navigating
the Massachusetts Adult Special Needs System
of Financial Benefits, Supports, and Services for Many Years**

One-on-One Consultations

Workshops and Trainings

Speaking Engagements

Navigating the Adult Special Needs System

Financial Benefits

- Supplemental Security Income - SSI
- Social Security Disability Insurance - SSDI
- Working on Disability
- MassHealth & Medicare
- MassHealth Premium Assistance
- Private Health Insurance: Age 26 and Beyond
- SNAP Benefits

Section 8 Housing Waiting Lists

- Portable / Mobile Vouchers
- Site-based Housing

Financial Planning

- ABLE Accounts
- Special Needs Trusts

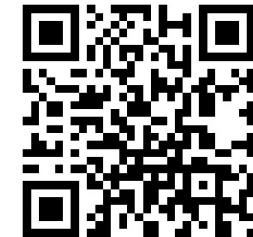
Services and Supports from Government Agencies

- Department of Developmental Services (DDS)
- MassAbility

Simplify the Journey



www.SimplifytheJourney.net



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Lydia.Sheehey@SimplifytheJourney.net